

## Post-test

### Directions for What Would You Do?

(for the person administering the assessment instruments)

This instrument should be completed as both a Pre- and Post-Test. The pre-test would happen at the **beginning** of the program segment and the post **at the end** of the child's participation in the program or program segment, i.e. end of 2 week camp program, etc.

1. Please be sure you have allowed enough time before the end of a class or program for participants to complete the forms.
2. Be sure to complete the participant tracking form before the exercise begins. It is important that you keep this form for use with the post test part of this process.
3. Try to find a quiet and comfortable spot to conduct the assessment.
4. Be sure to have all your materials including surveys, pencils, and some kind of solid surface for people to use for completing the survey.
5. Get everyone's attention and explain the process. A sample script is provided for you. Do NOT pass out the materials until you have explained the process.
6. Sample Introduction/Directions: "We have been chosen to be a part of a study about being healthy. As part of this study, we are going to ask that each of you to look at the pictures of food on this form I'm going to give you and to pick between the two foods you would choose if you had the choice between the two of them. **Please be sure to circle that food that you would choose.**"
7. Pass out the materials and check for questions before people get started.
8. Wander around the area to see if anyone needs help or has questions.
9. Ask them to check the appropriate boxes at the end of the survey as well.
10. Collect all the materials at the end. Be sure to check to make sure people have filled in all sections and pages, etc.
11. Take the completed surveys and attach the cover sheet to the front and place in large envelope included with these materials.

Please return to your supervisor or project coordinator.

**Thanks!**

[on NRPA letterhead]

**PLEASE place this sheet on top of the completed surveys and place in return mailing envelope provided. Return to your project coordinator for mailing. THANKS!**

Program Name: \_\_\_\_\_

Project Coordinator: \_\_\_\_\_

Agency Name: \_\_\_\_\_

The following information relates to specifics about the information collected in this packet:

Number(s) of People Completing Surveys:

\_\_\_\_\_ Participants

\_\_\_\_\_ Non-Participants

(comparison group, if being used)

Total Number of Surveys Given Out: \_\_\_\_\_

Total Number of Surveys Returned: \_\_\_\_\_

Administered as (check only one type of test as appropriate):

\_\_\_ Pre Test

Date Administered: \_\_\_\_\_

Administered by: \_\_\_\_\_

\_\_\_ Post Test

Date Administered: \_\_\_\_\_

Administered by: \_\_\_\_\_

\_\_\_ Only Test

Date Administered: \_\_\_\_\_

(comparison group)

Administered by: \_\_\_\_\_

Site Specific Information: (as necessary)

Name of Site:

Name of Group:

Return in Envelope Provided to:

National Recreation and Park Association  
Attn: Hearts N' Parks Y2K Project  
22377 Belmont Ridge Road  
Ashburn, Virginia 21048

Post-test  
**WHAT WOULD YOU DO?**

**INSTRUCTIONS:** Circle one of the two foods that you would pick if you had to choose just one.

1. If you were at the movies, which one would you pick?



popcorn with salt or butter



popcorn without salt or butter

2. Which one would you pick to fix with dinner?



fresh or frozen vegetables



canned vegetables

3. If you were going to eat your lunch, which would you do?



eat the food without adding salt



shake salt on the food before eating

4. Which would you put on your hamburger?



catsup



tomato

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5. Which would you pick to drink?



regular milk



low fat or skim milk

6. Which food would you eat for a snack?



candy bar



fresh fruit

7. What would you put on your toast?



margarine

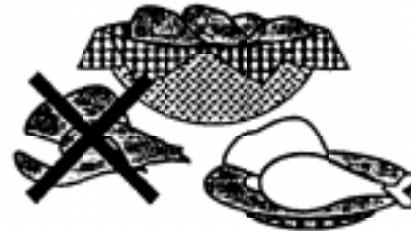


butter

8. Which would you do if you were going to eat a piece of chicken?



leave on the skin



take off the skin and not eat the skin

9. Which food would you ask for?



frozen yogurt



ice cream

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10. Which food would you ask your parents to buy?



plain bread sticks



salted crackers

11. Which would you choose to cook if you were going to help make dinner at home?

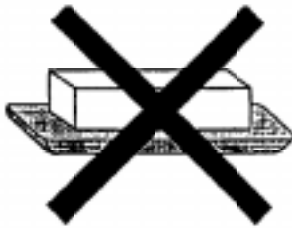


french fries



baked potato

12. Which would you do if you were going to eat cooked vegetables?



eat without butter



add butter

13. Which would you order if you were going to eat at a fast food restaurant?



a regular hamburger



a salad from the salad bar

STOP HERE

Please check the appropriate box:

I am: Male \_\_\_\_\_ Female \_\_\_\_\_  
My age is: 5 & under \_\_\_\_\_ 6 to 7 \_\_\_\_\_ 8 to 9 \_\_\_\_\_ 10 to 11 \_\_\_\_\_ 12 to 13 \_\_\_\_\_  
14 to 15 \_\_\_\_\_ 16 and older \_\_\_\_\_